



MOVE!



Quit Smoking - Gain Weight?

People often gain weight when they stop smoking. Many people just keep on smoking because they are afraid of gaining weight. This is a realistic fear. However, the average weight gain is between 5-10 pounds. Some people gain more, some gain less, and others do not gain at all. There are two reasons for the weight gain:

- The body's metabolism drops when it no longer has to fight off the poisons it was getting from smoking. One study suggested that overall daily metabolism dropped about 10% for every pack of cigarettes the person used to smoke. That means 10% fewer calories needed to maintain the same weight!
- Most people who stop smoking begin eating more, especially junk food!

But you don't have to gain weight when you stop smoking! Here is what you can do about it:

Start Eating Differently

- ✓ Eat more vegetables and fruit. Fill up on these!!
- ✓ Eat less greasy and heavy food and junk food too...
- ✓ Eat small amounts 5-6 times/day instead of 2-3 heavy meals.
- ✓ Eat very s-l-o-w-l-y. Completely enjoy every morsel!
- ✓ Eat at the table - not in front of the TV.
- ✓ Plan ahead - bring your lunch rather than eating fast food.
- ✓ Keep crunchy snacks handy such as cold carrot sticks, apples, maybe even pretzels.
- ✓ Keep your mouth busy with calorie-free mints, gum, toothpicks, a straw, a cinnamon stick, and so on.

Get Some Exercise

- ✓ Take walks, go bicycling, swim, play active sports - whatever suits you.
- ✓ Set a time each day to do some physical activity. It may be even better to break it up into shorter times twice each day.